



# Personal Trainers – Partner With The Alpha Male Medical Institute

## **Personal Trainers!**

*Is your client following your exercise prescription and nutrition protocols but not seeing the desired results?*

*Is their waist still the largest part of their body?*

*Are they struggling with constant hunger and fatigue?*

*Are their rest and recovery periods taking too long?*

*Is their stamina and exercise tolerance poor?*

*Are they suffering from muscle loss?*

*Do they have man boobs, hair loss, or male pattern baldness?*

If so and your clients are in their 30's, 40's, 50's and older many times they are deficient in one or more of the critical hormones that require expert physician management. Correction of these deficient hormones ultimately leads to your client's success and significantly improves their health and wellness. As a qualified personal trainer you recognize the benefit of having all the "pieces of the fitness puzzle" in harmony. Nutrition, exercise, hydration, rest and recovery, supplementation, and hormone optimization are all critical components of your client's success and ultimately your reputation as a personal trainer.

We welcome you to partner with the Alpha Male Medical Institute to help your clients achieve their personal fitness goals and improve their overall health and fitness. Below is a list of services available through the institute.

## DEXA Scan for Bone Health & Body Composition



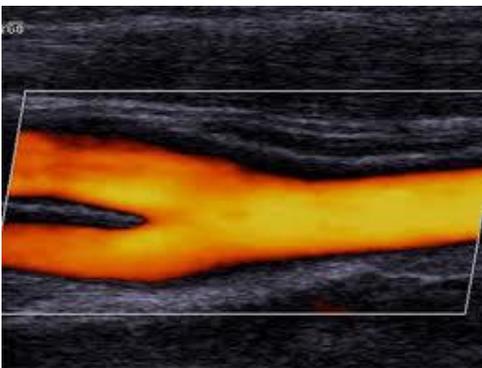
DEXA Scan provides an accurate measurement of body composition, and diagnosis of osteoporosis and osteopenia. Popular methods to assess body composition are BMI (body mass index), BIA (bioelectrical impedance), skin fold measurements (anthropometry), and water weighing (hydrodensitometry). DEXA Scan is a safe, highly accurate, and gold standard to measure percentage of body fat and body composition. The results of the DEXA scan have been validated through repeated numerous scientific studies.

Body composition testing is important for overall health, fitness, and athletic performance. The information obtained from a DEXA scan provides a valuable tool to assess current health status and to monitor training methods, and therapeutic treatments for effectiveness. The DEXA scan conveniently store previous studies so trending information is available with future studies giving the client instant data as to the effectiveness of their training or therapies.

DEXA Scan is a low dose x-ray. The total radiation exposure is less than the daily dose you receive from your daily exposure to the natural environment. The DEXA scan procedure is a safe and quick procedure you take while comfortably clothed and at the end of the procedure we provide you with a detailed report outlining your risk for osteopenia, osteoporosis, and your body composition.

**The cost of the DEXA scan is \$297, which includes scanning of hips, lumbar spine, and total body for composition.**

## Carotid Ultrasound & CIMT



77% of individuals who have a heart attack or stroke have no pre-warning symptoms! The only way to know is to have a carotid ultrasound, which shows a detailed view of your carotid arteries and reveals the presence of plaque buildup. This is a noninvasive test, which is performed with a high-resolution B-mode ultrasound transducer. The test is safe, painless and takes about twenty minutes. After applying conducting jelly to the skin over your neck, a small hand-held transducer is applied to image the carotid arteries. The sonographer measures the combined thicknesses of the intimal and medial layers of the carotid artery walls.

CIMT is a new noninvasive ultrasound test that is being recommended by the American Heart Association and the American College of Cardiology to screen for heart disease in apparently healthy individuals. CIMT stands for Carotid Intima-Media Thickness. The Carotid Ultrasound & CIMT procedure is a safe and quick procedure you take while comfortably clothed and at the end of the procedure we provide you with a detailed report outlining your plaque burden and thickness of the carotid arteries.

**The cost of the Carotid Ultrasound & CIMT is \$297**

## VO2 Test for Heart & Lung Strength



A VO2 Max test involves a graded exercise test on a treadmill or on a bike. The test begins at a very light intensity and gets slightly harder each minute until maximum exertion. The subject wears a mask and we measure the volume of air expired along with the percentages of oxygen and carbon dioxide in the expired air. From this data, we determine the following: aerobic threshold, lactate threshold, and VO2 max. The benefit of training efficiently and effectively is to achieve the ideal adaptation response from your body. In any structured workout program, each workout should have a specific purpose.

To achieve the ideal response from the body, the stimulation must be specific to the desired adaptation and must allow quick recovery for the next key workout. Intensity, more than any other variable, determines the body's response to the training stimulus. The VO2 Test procedure is a safe and quick procedure you take while comfortably clothed and at the end of the procedure we provide you with a detailed report outlining your training parameters.

**The cost of the VO2 Test is \$297**

## CNS testing for early signs of Dementia

CNS Vital Signs Clinical Report				Test Date: March 31, 2012 08:49:04					
Subject ID: [REDACTED]				Administrator: William Lambos					
Language: English (United States)				Age: 13					
Total Test Time: 48:12 (min:secs)				Test Date GMT: March 31, 2012 13:49:08					
Patient Profile				Percentile Range					
				Standard Score		Range			
Domain Scores	Subject Score	Standard Score	Percentile	Valid Score**	> 74	25-74	0-24	2-8	< 2
Neurocognitive Index (NCI)	NA	64	1	No					X
Composite Memory	71	46	1	Yes					X
Verbal Memory	39	53	1	Yes					X
Visual Memory	32	58	1	Yes					X
Psychomotor Speed	129	84	14	Yes			X		
Reaction Time*	1698	48	1	No					X
Complex Attention*	37	71	3	No				X	
Cognitive Flexibility	-5	70	2	No				X	
Processing Speed	42	92	30	Yes	X				
Executive Function	-1	72	3	No				X	
Social Acuity	1	65	1	Yes					X
Reasoning	-5	71	3	No				X	
Sustained Attention	19	92	30	Yes	X				
Working Memory	6	93	32	Yes	X				

CNS testing can detect subtle signs of cognitive impairment that occur as we age. Environmental insults, traumatic brain injury, aging, hormone deficiency all lead to decreased cognitive ability. Neurocognitive testing, Neuro: of the brain and nervous system Cognitive: the ability to think, learn, concentrate, remember, decide is extremely important to your overall health!

- Neurocognition refers to the higher brain functions: learning, remembering, concentrating, solving problems and making decisions.
- Neurocognitive processes are active in virtually all of our day-to-day activities.
- Neurocognitive testing helps your doctor evaluate the health of the higher functions of the brain.

### YOU NEED TO KNOW...

- Good health has many dimensions, but none more important than the health of your brain.
- Neurocognition is increasingly recognized as a major factor in determining a person's quality of life.
- For the first time, computerized assessment of neurocognition is now widely available.
- This new technology provides your doctor with a window into your brain's function and activity.

**The cost of the Neurocognitive testing is \$297**

## Low-T Treatments



Are you not seeing the results from your training and nutrition program? Then you just may need to restore testosterone levels and your youth. In men the symptoms of aging are often the result of imbalances in multiple hormones. After age 20 male hormones begin a slow gradual decline, some falling about 14% every decade. By the time a man reaches 40, he's lost almost half the necessary hormones he had at 20 years old. But you don't have to be middle-aged or older to experience hormone imbalance. Hormone deficiencies are strongly associated with the onset of these serious diseases that often lead to disabling conditions:

- Cardiovascular disease
- Strokes
- Diabetes
- Dementia
- Osteoporosis
- Depression
- Vascular dysfunction
- Metabolic Syndrome

The only cure for hormonal deficiency is restoration of hormone balance!

Many of the symptoms of male hormone imbalances come on very gradually. You may not notice them at first, but as more symptoms appear and become worse over time, they rob you of your youth and vitality. These symptoms may include:

- Erectile dysfunction
- Low libido
- Night sweats or hot flashes
- Mood swings or irritability
- Muscle loss or weakness
- Depression or anxiety
- Increased body fat
- Hair loss
- Fatigue or lack of energy
- Memory loss
- Heart palpitations
- Sleep apnea or insomnia
- Constipation or increased bowel movements
- Male breasts

Many times people often mistake the symptoms of hormone imbalance in men with signs of aging. The good news is that these hormone imbalances are easily correctible, when you take action.

**The Alpha Male Medical Institute Low-T replacement program is only \$197 (With insurance paid lab)**

## Sermorelin Therapy



Are you looking to maintain your youth & vitality just like the celebrities? Well here is the real insider secret to maintain and improve muscle mass, improve skin texture, and reduce the amount of body fat in healthy older adults.

Benefits of Sermorelin Therapy:

- Higher Energy Levels
- Improved sex drive
- Reduction of abdominal fat
- Improved skin elasticity
- Decreased wrinkles
- Increased endurance
- Accelerated wound healing
- Increased IGF-1 production
- Improved sleep
- Reports of improved eyesight
- Increased protein synthesis
- Increased mineralization of bone and bone density

Inquire about the Alpha Male Medical Institute many Sermorelin and GHRP replacement programs.

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Learn how you can partner with The Alpha Male Medical Institute to offer these services to your patients.

**We pay for referrals! \$250 for patients that sign up for the Elite Health Evaluation.**

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